

WHAT IS CLAIMED IS:

1. A rocker arm for opening and closing a valve

comprising:

a body; and

5 a valve engaging portion provided at the body, with which the valve is engaged, the valve engaging portion including,

a pair of valve guide walls opposed to each other,

10 a connecting wall connecting the pair of valve guide walls with each other, and

a pair of excess thickness portions formed on the pair of valve guide walls, respectively, the pair of excess thickness portions being formed by portions of the pair of valve guide walls which plastically flow when the pair of valve guide walls are formed by dies, respectively.

2. The rocker arm according to claim 1, wherein

20 the connecting wall connects the pair of valve guide walls with each other in a first direction, and

the pair of excess thickness portions are projected from the pair of valve guide wall in a second direction substantially perpendicular to the first direction, respectively.

3. The rocker arm according to claim 2, wherein

each of the pair of valve guide walls includes a side surface to which the connecting wall is connected, and a bottom surface substantially parallel to a bottom surface of the connecting wall,

5 the pair of excess thickness portions are formed on the bottom surfaces of the pair of valve guide walls.

4. The rocker arm according to claim 3, wherein the bottom surfaces of the pair of valve guide walls is projected from the bottom surface of the connecting wall in the second direction.

5. The rocker arm according to claim 3, wherein the pair of excess thickness portions are extended along the bottom surfaces of the pair of valve guide walls in a third direction substantially perpendicular to the first and second directions.

6. The rocker arm according to claim 3, wherein a width of each of the pair of excess thickness portions is set to be less than half and more than one-fifth of a width of the bottom surface of each of the pair of valve guide walls.

25 7. A method of manufacturing a rocker arm for opening and closing a valve, the method comprising the steps of:

providing a metal sheet including a pair of predetermined valve guide wall regions opposed to each other and a predetermined connecting wall region connecting the pair of predetermined valve guide wall regions with each other;

pressing the pair of predetermined valve guide wall regions by a pair of first dies to approach each other in a first direction, respectively;

pressing and recess a center portion of the connecting wall region by a second die in a second direction substantially perpendicular to the first direction; and

forming a pair of excess thickness portions from portions of the pair of predetermined guide wall regions which plastically flow into gaps provided between the first and second dies according to the pressing motion to press the pair of predetermined valve guide wall regions and according to the pressing motion to press the predetermined connecting wall region.